Adison Hoggan

English 1010

Personal Profile Essay

Basic Background Info

I am Adison. I was born in Illinois to an Air Force family. Because of this, I grew up all over, in places like Montana, England, Washington State, and now Utah. England was by far my favorite geographically, because of the beautiful green rolling hills, and large countryside. But I have grown fond of living in Utah, partly because of the friendships and memories I have created here. I am 1 of 3 out of 5 children who has red hair, which is crazy because neither my parents nor grandparents have red hair. My dad retires from the military in less than 1 year, so I am glad that we ended up in Utah.

Interests and Hobbies

As a 6-year-old kid, we moved to England when my dad got stationed there. I am glad I was this age and not any younger so I am still able to remember most of it. And luckily since we were all pretty young we did not have “big” school projects. We would take little trips on the weekends and go visit castle ruins, some which were still in pretty good shape, and see museums, petting farms, or the hotspots of tourism. It was so fun playing there and experiencing all of that. That helped grow my interest in medieval things like knights, castles, battles, basically all of the typical things you think of when you hear “medieval”. Learning that my ancestry traces back to parts of Scotland, Ireland, England, Denmark, and Norway was also way cool. Visiting all of the farms, and living with cows coming up to our fence in our backyard, I also developed an interest in farm animals, like cows, pigs, horses, chickens, goats, ducks, etc. We would go on little pony trekking rides as kids as well which were also tons of fun. Years later on my senior trip I went back there and we went to Castle Rednock Trekking Centre in Scotland. We went on about a 2-hour ride, and my horse, Amber, was this big beautiful, white, Percheron horse. It was a beautiful day. I remember a time going to a farm where they had lots of animals, but the one I most remember was this ginormous, rotund pig named Bruce. The lady there had given it some food, and all of the kids got to take these big yellow sponges and give it a bath. It was great fun. Another time I can recall was when a girl at our school had us over and her dad showed us around his pig farm. He had little piglets, and ended up giving me a boar’s tusk. With all of this, it makes me hope to have a little farm of my own one day. Another hobby of mine is motorcycles. I do not have one yet because I am just carpooling to college with my brother and sister. In the future I will get one, but my mom says it has to be when I have moved out. Her reason being is that she thinks I will die on one because Utah drivers have a reputation for being terrible drivers, and also what would I drive in the winter. So, it is wise I think to wait till I am on my own, or have the funds to have both a car and motorcycle. But they are so cool, I think it would be a rush to ride one.

Significant experience

My significant experience would have to be something that is unique to me, means a lot, and has left the biggest footprint in my memory. It would have to be power lifting. Playing football in high school, our coach would have us do team lifts and in those we do a lot of core lifts. These included back squat, bench, deadlift, front squat, and power clean. This became extremely fun for me. I loved the atmosphere of the weight room and enjoyed working hard to get stronger. It was even better when you would have a constant lifting partner, which I usually did. All of this effort ended up paying off. In my junior year our coach decided to start hosting high school powerlifting competitions. At the beginning, I was reluctant to do it because it was new to me, but he ended up persuading me to enter. I did not want to because I think I was a little timid and did not think I could score any points, but he said it was a good experience and a stepping stone for next year. I am glad I did because I ended up winning my weight class of 242 pounds with a total of 1010 pounds between 3 lifts. After our senior year of football ended, most of the seniors were done. Coach at least put on the face that he was fine with that (we had deserved it, as we had worked hard all season) and so he would just let us chill in conditioning class. Next year’s team did not start lifting for the next season until around December. Me and a few of my senior teammates still had the powerlifting meet in our future, and so about two weeks after the season ended, we started training for it. We put in a lot of work those coming months, with one of the most grueling workouts I have ever done. It was called Smolov. It was created by a Russian and was a 13-week squat program. The first two weeks was kind of a “warm up” to the rest of the program. The next three weeks was a base cycle where you were squatting heavy 4 times a week. Then you had a de-load period of two weeks, then for the final stretch of four weeks was the intensity cycle. You would squat three times a week, but it was up to 80-90% of your max. I think I had over trained a little because in the middle you max test again and I only went up 5lbs to 500; so, I was a little disappointed, but that is still a quarter of a ton. Although I may have not gained a lot of physical strength, my mental strength gained huge strides. During this I would power clean periodically, and once I broke 300 and realized I was only 20 pounds away from the state record, that became my focus. A couple weeks later I pulled 320 so I knew I had it in reach. I spent most gym time focusing on pulling power, deadlift, and front squat, while also maintaining bench and squat.

Next was May 5th. The day of the meet had finally come. The nerves were out the roof. Anyway, we all had worked hard and as the meet began, my first event was the power clean. Our coach had borrowed some bars from Weber State (he used to coach here) that were way better quality in how the bushings (I think that is what they are called) allowed the weight on the end to just spin, and not try and rotate the whole bar while it is in your hands. I did an easy weight like 285 at the beginning. I got it and then I did like 305. On my third attempt, I did 325 so at least I would break it. I got it up easy and the form felt perfect. If you tie or break a state record, you get a 4th attempt to try even higher. I was only going to try for 330, but in the wisdom of my coach, seeing that it was easy, he said, “Do 335”. This was the best feeling pull I had ever done- I got it up easy and quick. I probably had a little adrenaline rush. It felt like I could have done another 10-15 pounds. No regrets though, I had broken the record by 15 pounds. We finished the power clean portion, with bench press next (lifted 305 pounds) to give my legs a break before squat. Then onto squat where I ended up getting 515, and again I felt like I had probably 15-20 pounds left in me with all the excitement. Awards ceremony came, and I had won my weight class again with 1,155 pounds total, and had broken the state record. Come to find out after all of them were announced, I realized that I had lifted the most weight of anyone else there, which was surprising and invigorating. Weber High had won the whole competition as well, scoring the most points collectively. That was probably the crowning moment of my high school career. I was 17 at the time and I do not know where my build came from (probably from all the hard work with football over 3 years), but one thing for sure is that I have been blessed with good genetics.

What’s Next

I am in my 1st year of college and am planning on exercise science as my major, after this I will apply to a Physical Therapy school. With my father being in the Air Force, I have liked the experience so far and plan to look into maybe joining as an officer, but we will see what route I take. My life has been an adventure so far and now the plan is to just hunker down with school and work, and hopefully one day I will be able to have my own motorcycle and a little farm.